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EVENT REPORT

Healthy Lungs for Life: Empowering Communities for Healthier Lungs and a Cleaner Future

*“Roots for Lungs: Mangrove Planting for
Clean Air and Healthy Lungs”*

Date: August 23, 2025

Venue: Iloilo Sunset Boulevard, Iloilo City



HEALTHY LUNGS FOR LIFE



ERS



ELF

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Introduction



Philippine College of Chest Physicians (PCCP) - Iloilo Chapter is a professional medical organization committed to promoting excellence in respiratory medicine through education, research, advocacy, and service. Its mission is to advance lung health and respiratory care for all Filipinos, while its vision is to create a nation with improved respiratory well-being through empowered communities and evidence-based healthcare practices.

PCCP actively engages in public health campaigns and partnerships aimed at raising awareness on lung diseases, preventive care, and environmental health. It serves as a key driver in community-based initiatives that connect clinical expertise with public health action.

Leganes Clinical Research (LCR) is a research-based institution dedicated to advancing respiratory health through clinical research, health promotion, and community engagement. In partnership with local and international stakeholders, LCR develops and implements innovative, science-driven interventions that improve public lung health outcomes.

Together with the European Respiratory Society (ERS) and the European Lung Foundation (ELF), PCCP and LCR lead the Healthy Lungs for Life (HLFL) campaign in Iloilo, aiming to empower communities with knowledge, tools, and sustainable practices to protect lung health.

II. Background of the Event

The “Roots for Lungs: Mangrove Planting for Clean Air and Healthy Lungs” event is part of the Healthy Lungs for Life (HLFL) campaign, which seeks to highlight the connection between lung health, environmental sustainability, and climate change.

The activity was held in response to the growing concern over air pollution, smoking-related lung diseases, and climate change impacts on respiratory health. Mangrove planting was chosen because mangroves play a crucial role in absorbing carbon dioxide and other harmful gases, acting as natural air purifiers.

This initiative underscores the campaign’s message: “Protecting the environment is protecting our lungs.” By planting mangroves, the event aimed to empower communities to take active steps toward a cleaner and healthier future.

The activity aligns with the HLFL global campaign by promoting awareness of the importance of clean air, physical activity, vaccination, and smoking cessation.



III. Goals and Objectives

The event aimed to:



RAISE AWARENESS

Raise awareness on the link between environmental protection and lung health.



ENGAGE THE LOCAL COMMUNITY

Engage the local community in mangrove planting as a climate action initiative.



PROMOTE CLEAN AIR

Promote clean air through sustainable environmental practices.



STRENGTHEN PARTNERSHIPS

Strengthen partnerships among health professionals, NGOs, and community stakeholders.



SUPPORT THE HLFL CAMPAIGN GOALS

Support the HLFL campaign goals by encouraging lung health advocacy at the grassroots level.

Targets:

- Mobilize at least 100 volunteers from partner organizations and the local community.
- Plant over 500 mangrove propagules along Iloilo Sunset Boulevard.
- Distribute educational materials on lung health and clean air.

IV. Program Overview and Structure

The event was organized in collaboration with:

- Philippine College of Chest Physicians – Iloilo Chapter
- Philippine Society of Pathologists – Iloilo Chapter
- Philippine Association of Medical Technologists Inc. – Iloilo Chapter
- Barangay San Juan Child of Mary/Office of the City Environment and Natural Resources
- The Fraternal Order of Eagles

Program Flow:

- **Opening Ceremony**
 - Welcome remarks
 - Overview of HLFL campaign and its environmental advocacy.
- **Health and Environmental Awareness Talk**
 - Discussion on the impact of air pollution and climate change on lung health.
 - Emphasis on smoking cessation, physical activity, and vaccination.
- **Mangrove Planting Activity**
 - Volunteers planted mangrove propagules along Iloilo Sunset Boulevard.
 - Health professionals and community members worked together in designated planting zones.
- **Distribution of Educational Materials**
 - Pamphlets and brochures on lung health, clean air, and environmental protection were handed out.
- **Closing Program**
 - Acknowledgment of partner organizations and volunteers.
 - Group photo and commitment signing to sustain the initiative.

V. Outcomes

75

Total Participants
who volunteered
(health
professionals,
students,
community
members).

550

Mangrove
Propagules
Planted

150

Awareness
Materials
Distributed

5

Organizations
Engaged

Challenges:

Targets Achieved:

- Light rain during the planting activity slightly delayed the schedule.
- Muddy and slippery terrain causing difficult mobility.



VI. The Way Forward

Strengths and Successes:

- Strong multi-sectoral collaboration.
- Active participation of healthcare professionals and community members.
- Clear alignment with HLFL's clean air advocacy.
- Hands-on activity that created a tangible environmental impact.

Next Steps:

- Organize follow-up visits to monitor mangrove growth and survival.
- Expand collaboration with more schools and LGUs.
- Integrate additional lung health promotion activities, including free spirometry and smoking cessation counseling.
- Launch a broader "Green Lung" advocacy series for sustained engagement.



VII. Conclusion and Closing Thoughts

The “Roots for Lungs” event successfully combined environmental action with lung health advocacy, reinforcing the idea that healthy lungs depend on a healthy environment. By planting mangroves, the community contributed to cleaner air and climate resilience.

This initiative not only met but exceeded its objectives, creating lasting partnerships and awareness. Moving forward, LCR and its partners remain committed to expanding the HLFL campaign to empower more communities and protect lung health for generations to come.

VIII. Event Documentation



